



Southwest Human Development Services
 P.O. Box 28487 • Austin, Texas 78755-8487
 (512) 467-7916 • Toll Free (800) 369-9082
 Fax (512) 467-1453 • Toll Free (888) 467-1455
www.swhuman.org



Volume 27, Issue 7
 Blake Stanford, President
 Lindsey Seybold, Editor

Sponsors of the Child and Adult Care Food Program
 Brenda Baldwin, Program Director
 Martin North, Website/MM Kids Specialist

April 2013
 Liz Curtis, Compliance Officer
 Sheena Walter, Training

In this Issue:

- Workshops
- Tips and Reminders
- Mystery Provider
- Snack Recipes!!
- Nourishing an Independent Toddler

MM Kids Tips and Reminders:

- ❖ Please be sure to record your meals on time the same day. Call or email the main office if you cannot record your meals properly for any reason (computer problems, etc) so a note can be made on your account. Otherwise your account can be flagged by the compliance department and meals disallowed.
- ❖ For all school age children attending LUN or AM, you must also check either "Sick" or "Sch Out," then "SAVE". Always call your program coordinator or the main office with any questions!
- ❖ 040070

Workshops for April

Saturday, April 6, 2013

Sherman, TX 10-11:30a
 Planning Low Cost Menus
 Barbara Reyna's home
 107 S Maxey 75090
 Directions: 903-868-1289
 Registration: 972-398-9398
 Renee

Waco, TX 9:30-11:30a

Pattie Herbert's home
 3300 Herring, Waco, TX
 Directions: 254-224-6210
 Registration: 254-690-8107
 Veronica

Thursday, April 11, 2013

Amarillo, TX 7p
 Symony Morris's home
 7209 Brookfield 79124
 Directions and registration:
 806-354-0243 Symony

Saturday, April 13, 2013

Amarillo, TX 10a
 Symony Morris's home
 7209 Brookfield 79124
 Directions and registration:
 806-354-0243 Symony

Galveston, TX 10a-12p

Galveston Kiddie College
 1516 Ave K Galveston, TX
 77550
 RSVP: 713-816-4851 Carol

Goldthwaite, TX 9:30-11a

Terri Miller's home
 1407 Allen Road
 Directions: 325-451-4280
 Registration: 254-690-8107
 Veronica

For Goldthwaite and San Saba!



Thursday, April 18, 2013

La Grange, TX 7-9p
 Menu Planning
 Mt. Calvary Lutheran Church
 800 N. Franklin
 RSVP requested:
laurie.belle@yahoo.com or
 text 281- 808-1137 Laurie
 (Include your name)

La Grange, Brenham, Sealy,
 Columbus, Weimer area... Of
 course anyone can attend!

Saturday, April 20, 2013

Killeen, TX 8:30-10:30a
 Golden Corral Restaurant
 1420 Central TX Expressway
 Registration: 254-690-8107
 Veronica

Saturday, April 27, 2013

Paris, TX 11a-1p
 Sanitation and Health Braums
 3561 NE Loop 286
 Directions: 903-785-0319
 Registration: 972-398-9398 Renee
 You are welcome to eat lunch if
 you would like to!

Tyler, TX 9:30a

Training Workshop
 Debbie's House
 8422 Castleton Way 75703
 Directions and registration:
 903-570-0417 Debbie

Georgetown, TX 10-11:30a

Sandy Culbertson's home
 431 Berry Ln
 Registration: 512-263-4002 Sandy
 Limit 15 providers

Monday, April 29, 2013

Bryan/College Station, TX 7-9p
 Menu Planning
 Larry Ringer Library
 1818 Harvey Mitchell Pky S
 RSVP requested:
laurie.belle@yahoo.com or
 text 281- 808-1137 Laurie
 (Include your name)

Workshops for May

Saturday, May 4, 2013

Katy, TX 12:30-2:30p
 Katy Branch Library
 5414 Franz Rd
 Registration: 713-816-4851
 Carol

Saturday, May 11, 2013

Garland, TX 10-11:30a
 Tackling Childhood Obesity
 Linda Redic's house
 3426 Hagman Dr
 Directions: 972-240-3214
 Registration: 972-398-9398
 Renee

Missouri City, TX

12:30-2:30p
 Missouri City Library
 1530 Texas Parkway
 Registration: 713-816-4851
 Carol

Houston, TX 1:30-3:30p

Menu Planning
 Scenic Woods Library
 10677 Homestead Rd 77016
 RSVP requested:
laurie.belle@yahoo.com or
 text 281- 808-1137 Laurie
 (Include your name)

Saturday, May 18, 2013

12:30-2:30p
 Lake Jackson Library
 250 Circle Way
 Registration: 713-816-4851
 Carol

Saturday, May 25, 2013

Tyler, TX 9:30a
 Training Workshop
 Debbie's House
 8422 Castleton Way 75703
 Directions and registration:
 903-570-0417 Debbie
 Last workshop! All 2013
 training should be
 completed this month!

Homemade Apple Chips

These are great, easy after-school snack for kids, and perfect to pack in lunch boxes if whole fruit keeps on coming back at the end of the day. They're inexpensive, and young kids can thread string through the holes in the middle of apple chips to make necklaces and other dangly decorations.

There's no need for oil or deep-frying; a bit of sugar and cinnamon and the heat of the oven dries them crisply, making them a perfect portable snack for lunchboxes or backpacks. Bonus: they make your house smell wonderful.

2 large apples (Gala or Idared work well)
2 Tbsp. sugar (or to taste)
1 tsp. cinnamon

Preheat oven to 200°F.

Thinly slice apples crosswise about 1/8-inch thick with a mandoline or sharp knife. Arrange apple slices in a single layer on two parchment-lined rimmed baking sheets.

In small bowl, combine sugar and cinnamon. Put mixture into a sieve and sprinkle evenly over apple slices.

Bake in the top and bottom third of the oven until apples are dry and crisp, about 2 hours. Remove from oven and let 'chips' cool completely before transferring to a sealed container for up to 3 days.

[*blogs.babble.com/family-kitchen/2010/09/16/real-healthy-snacks-apple-chips-recipe/](http://blogs.babble.com/family-kitchen/2010/09/16/real-healthy-snacks-apple-chips-recipe/)



Apple Discs

Apples, cored
Nut butter (peanut, almond, cashew, etc)
Oats
Sliced almonds
Chocolate or other flavored chips

1. Slice the apples thinly to make discs.
2. Spread nut butter evenly over top all the apple slices.
3. Sprinkle with oats, sliced almonds and chocolate chips.
4. Enjoy as a sweet treat or as a snack!

*ifood.tv

Answers to March's quiz

- | | |
|-------------------|------------------------|
| 1. true | 6. true |
| 2. sensible | 7. acquired |
| 3. two, essential | 8. higher |
| 4. true | 9. preservative, color |
| 5. thirty | 10. true |

MYSTERY PROVIDER

Each month in this newsletter we put the provider ID of one MYSTERY PROVIDER. The Mystery Provider wins a fun children's book to share with their kiddos. If you find your ID somewhere in the newsletter call the office at 1-800-369-9082 and claim your prize!

Butterfly Bites

celery
hummus or natural nut butter
mini-loop pretzels
raisins or dried cherries, blueberries

- * Cut each piece of celery to three or four inches in length.
- * Cut a small sliver off each side of each part of the celery to serve as the antennae.
- * Place the hummus or nut butter into a small Ziploc bag with the corner snipped. Pipe the spread into the groove of each celery piece.
- * Place a pair of mini pretzels together with the round ends up, into the hummus mixture. This represents the wings.
- * Place dried fruit to represent the eyes.
- * Take the small pieces of celery and insert them above the eyes to act as the antennae.

*parentdish.com



Kale Chips

1 bunch kale
canola or olive oil, for cooking
good-quality coarse salt

Preheat the oven to 400°F.

Wash kale and dry it in a salad spinner or between tea towels. Allow time for the kale to sit and dry thoroughly, extra moisture will keep them from getting nice and crispy. Cut or pull out the tough stems, tear the leaves into chip-sized pieces. Drizzle with oil and toss with your hands to coat well. Arrange in a single layer on a rimmed baking sheet and sprinkle generously with salt.

Roast for around 10 minutes or less, until crispy and starting to turn brown on the edges, but not too dark. Serve immediately or cool completely and store in an airtight container until ready to serve.

*blogs.babble.com



Nourishing an Independent Toddler

Somewhere between 12 and 18 months, your easy-going infant becomes a toddler striving to take control of his or her activities. When you want her to get dressed, she decides pajamas would be perfect for the park. When you call him to come in, he runs away laughing as you chase him. Mealtimes are the worst. While your baby ate anything you put in front of her, you may now have a finicky eater on your hands. Don't let the table become a battleground. Here are a few ways to make meals enjoyable for the whole family and to help your child develop a healthy attitude toward food.

ENCOURAGE INDEPENDENCE

Allow your child to feed himself. Let food be something he wants and goes after rather than something he submits to. Prepare bite-size dishes like noodles, steamed broccoli florets, and diced carrots. Kids love to dip things. Serve pancakes, french toast, or waffles with applesauce for dunking. Encourage, but don't force, your toddler to try different foods. Allow your child to have some choice in what he eats.

ACCEPT THE METHOD

If your toddler is most comfortable using her fingers, let her. If she manages to use a spoon or fork, all the better. Don't discourage any effort your children make to eat on their own. To encourage your baby to spoon-feed herself, serve a bowl of her favorite food with a small, easy-to-manage spoon. Try applesauce, mashed sweet squash, etc.

PERMIT ANY ORDER

Let your kids eat food in the order they choose. If they want to eat applesauce first and vegetables last, that is their prerogative. For example, children love to pick all the raisins out of their oatmeal to eat first. Children notice if you are placing more importance on sweet food. Example works very well here. Let them see that you enjoy your broccoli and carrots as much as fruit or cookies.

KEEP IT SIMPLE

Chances are if you go through a lot of trouble preparing a fancy, gourmet meal for your children, that will be the dish they refuse. Toddlers' tastes change from day to day, and you will end up frustrated or disappointed if they won't eat your special dinner. Don't make your child feel guilty if he genuinely doesn't like what you have prepared. Simply give him something easy like a bowl of rice or peanut-butter toast, and let the rest of the family enjoy what you have prepared.

BELIEVE YOUR CHILD WILL NOT GO HUNGRY

Toddlers often refuse to eat their meals causing their parents to worry. Pediatricians agree this should not be a source of concern. Your child will eat when she is hungry and missing a meal here or there will not cause malnourishment. Toddlers should sit at the table at mealtimes even if she doesn't want to eat. Usually, it's only a few minutes before she realizes she is missing out and reaches for her meal. Try not to make a big issue out of getting your children to eat. The more they see it is important to you, the more they will dig in their heels and resist.

LIMIT SNACKS

Your children will not eat meals if they spend the day snacking. Establish a morning and afternoon snack time. Serve healthful snacks like fruit, crackers, etc. Avoid very sugary or salty snacks as they encourage overeating. Give water between meals as milk and juice can leave your child too full to eat his meal. Serve milk or juice with meals if desired.

DO NOT MIX FOOD WITH DISCIPLINE

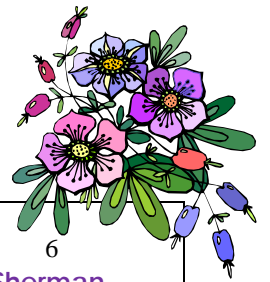
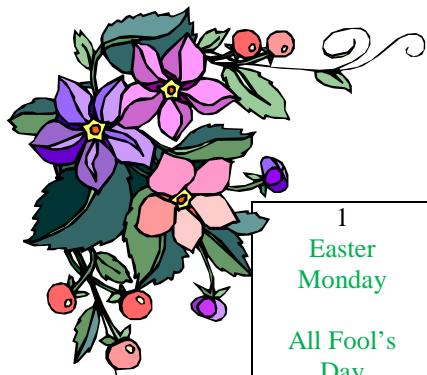
Toddlers are constantly testing their limits. Resist the temptation to use food as a bribe, reward, or punishment, as this will not foster a healthy relationship with food. A treat should not be given because a child is good and withheld when she is naughty. Treats are simply on the menu some days and not on the menu other days.

KNOW WHEN TO END THE MEAL

When your child stops eating or says she has had enough, end the meal. Don't insist she finish every bite on the plate. Some food may be wasted, but insisting a sated child finish his meal is not healthy. Kids know when they are full. Encourage them to listen to their bodies so they will not overeat. Treat your pet or compost pile to the leftovers.

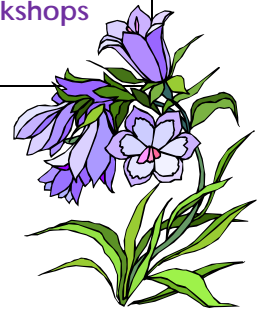
ENJOY MEALTIME

Tense, stressful mealtimes will not help your children to develop a positive attitude toward food. Certain rules to maintain order, i.e. no yelling or throwing food, are necessary for the enjoyment of the rest of the family. More subtle table manners can be learned by example rather than authority. Your child wants to act grown up and will try to imitate you. Young children may act up at mealtimes because they are bored. Include your toddler in conversation so he feels part of the family. It's a great time for your child to practice speaking and increase her vocabulary. You may be surprised by what your toddler has to say.



April

	1 Easter Monday All Fool's Day	2	3 Send in Claim!!	4	5	6 Sherman, Waco Workshops
7	8			11 Amarillo Workshop	12	13 Amarillo, Goldthwaite, Galveston Workshops
14	15 Income Taxes Due			18 La Grange Workshop	19	20 Killeen Workshop
21	22 Earth Day	23			26	27 Paris, Tyler, Georgetown Workshops
28	29 Bryan/College Station Workshop	30				



Don't these snacks look delicious!?!
 They're full of healthy ingredients to grow strong bodies and brains!
 Turn to page 2 of this newsletter for the recipes ☺

